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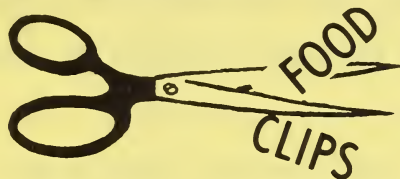
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Food and Home Notes

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Mild cheese refers to the degree of curing (or ripening) and generally refers to cheddar cheese, according to marketing specialists at the U.S. Department of Agriculture.

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Sharp cheese, conversely, is cured longer (or held at a specific temperature and humidity) longer than other curing categories. A sharp flavor results. It may also be called "aged."

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Ice or sherbet? Water ice is like sherbet--except that it contains no milk solids. Sherbet is made from milk, fruit or fruit juice, stabilizers, and sugar.

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Ice milk is made from milk, stabilizers, sugar and flavorings and contains between two and seven percent milkfat. Ice cream is usually made of cream, milk, sugar, flavorings and stabilizers and must contain at least 10 percent milkfat.

ON WATER

—In and Out of the System

Homeowners seldom realize how much water is wasted in the normal operation of their homes. Most city dwellers are the biggest offenders of water waste, according to the U.S. Department of Agriculture. Reason? No one told us that it takes about five gallons of water to flush one cigarette butt down the water closet!

More than 99 percent of sewage is water according to USDA's Soil Conservation Service. The family who has to consider a septic tank effluent (liquid leaving the tank) bubbling onto the lawn outside thinks twice about the effects of that casual use of a single flush -- or constant drip of a spigot!

There are ways that you can check your own water system and save both water and energy.

Leaky faucets and fixtures waste gallons of water per day--but you can keep them in repair. Don't overfill the tub or run the shower unnecessarily. Running water while shaving--or while cleaning vegetables at the sink? Think twice--is it necessary? Not really.

ENERGY SAVING

——On Your Refrigerator

A seven-point check on your refrigerator might surprise you. It may be one of the energy-wasters in your home contributing to the five percent waste of the Nation's total energy. You may be able to help eliminate this, according to the Extension Service of the U.S. Department of Agriculture.

Try the seven point plan and see how your kitchen shapes up:

- 1) Refrigerator defrost manually? Defrost it before frost builds up or becomes greater than one-fourth inch.
- 2) Avoid unnecessary opening of the refrigerator or freezer by removing several items for the meal at once.
- 3) Don't go "just looking" in your refrigerator "for whatever."
- 4) Close the door immediately after placing items in or removing them from the refrigerator.
- 5) Allow foods to cool before placing them in the refrigerator. Cooling hot foods quickly? Just place the container first in cold (or even in ice water) to reduce the temperature before storing it. Remember, cooling is faster by conduction than by convection.
- 6) Leaving town for a while? Defrost and unplug your refrigerator, and leave the door open.
- 7) Check the gasket around the door. Is it damaged or otherwise ineffective? It should be replaced. Try the dollar bill test -- close the refrigerator door on a dollar bill and if it can be removed easily, you have a problem to eliminate!

ON FAMILY HABITS

—and feeding

What are the daily food patterns of the American family? A recent study conducted by the Consumer and Food Economics Institute, Agricultural Research Service, USDA, to help homemakers improve the nutrition for the families revealed certain habits. The survey shows that the respondents were not really applying what they knew about nutrition.

Food from each of the four major food groups (milk -- bread-cereal -- vegetable-fruit -- and meat) were reportedly served daily by a majority of the homemakers. Homemakers were asked how frequently they served each of 16 different categories of foods. Of these categories, five foods were from the meat group, five from the vegetable-fruit, four from the bread-cereal, and two from the milk group.

What's served daily in the greatest number of households? Bread (90 percent), milk (84 percent), meat (72 percent), and citrus or juice (57 percent). Green leafy vegetables and dark-yellow vegetables were served daily in a much smaller number of families.

In almost all households, at least some foods were reported by the homemakers to be kept on hand for between-meal eating. In only four percent of the households were no foods reportedly kept for snacking.

Fresh cabbage will be abundant throughout February, says the U.S. Department of Agriculture. When chopped, boiled, or shredded, it can provide nutritious meals during the fall and winter seasons.

NEW Color Slide Set From USDA

"THE PULL OF THE MARKETPLACE" is a new color slide set which illustrates the dramatic economic growth taking place around the world. It explains the rising world-wide demand for more and better food products. The slide set was produced jointly by the U.S. Department of Agriculture's Foreign Agriculture Service and the Agricultural Stabilization and Conservation Service (ASCS).

What is happening in the major U.S. farm export markets? It shows how more people are earning more money in other countries and how they are spending it to upgrade their diets.

People with cash want to buy high quality protein foods -- meat, milk and eggs. A long-term growth trend has begun and more feedstuffs need to be produced in order to meet the "pull of the marketplace."

The new 224 slide set has a synchronized tape cassette sound track that runs for 23 minutes. Copies have been widely distributed throughout the country and are available from district offices of ASCS. Groups desiring to show the slide set may contact the nearest ASCS office or call the Washington information offices at 202/447/7807 or 202/447/3100 to obtain the set on a short term loan. Sets are also available for purchase from the Photography Division, Office of Communication, U.S.D.A., Washington, D.C. 20250. Price, including the narrative guide and cassette sound track, is \$40.00. (Check, purchase or money order payable to Photography Division, and send check to the U.S. Department of Agriculture.)

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